






March 2024 Breakfast Menu

BREAKFAST IS AVAILABLE AND FREE OF CHARGE AT ALL SCHOOLS - COME JOIN US FOR THE MOST IMPORTANT MEAL OF THE DAY

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|---|
|  |  | <p>Our Schools are offering FREE Breakfast to all students.</p> <p>Any second meals or a la carte items will be charged to the students account.</p> |  | <p>3/1</p> <p>Grab & Go Cereal Graham Crackers Fresh Apple Slices & Dried Fruit Choice of Milk or Fresh Homemade Fruit Smoothies</p> |
| <p>3/4</p> <p>Grab & Go Cereal Graham Crackers Fresh Fruit & Dried Fruit Choice of Milk</p> | <p>3/5</p> <p>Assorted Breakfast Breads Fresh Fruit & Dried Fruit Choice of Milk</p> | <p>3/6</p> <p>Yogurt Graham Crackers Fresh Fruit & Dried Fruit Choice of Milk</p> | <p>3/7</p> <p>Assorted Breakfast Breads Fresh Fruit & Dried Fruit Choice of Milk</p> | <p>3/8</p> <p>Grab & Go Cereal Graham Crackers Fresh Apple Slices & Dried Fruit Choice of Milk or Fresh Homemade Fruit Smoothies</p> |
| <p>3/11</p> <p>Grab & Go Cereal Graham Crackers Fresh Fruit & Dried Fruit Choice of Milk</p> | <p>3/12</p> <p>Assorted Breakfast Breads Fresh Fruit & Dried Fruit Choice of Milk</p> | <p>3/13</p> <p>Professional Development Day No School for Students</p> | <p>3/14</p> <p>Assorted Breakfast Breads Fresh Fruit & Dried Fruit Choice of Milk</p> | <p>3/15</p> <p>Grab & Go Cereal Graham Crackers Fresh Apple Slices & Dried Fruit Choice of Milk or Fresh Homemade Fruit Smoothies</p> |
| <p>3/18</p> <p>Grab & Go Cereal Graham Crackers Fresh Fruit & Dried Fruit Choice of Milk</p> | <p>3/19</p> <p>Assorted Breakfast Breads Fresh Fruit & Dried Fruit Choice of Milk</p> | <p>3/20</p> <p>Yogurt Graham Crackers Fresh Fruit & Dried Fruit Choice of Milk</p> | <p>3/21 Early Dismissal All Schools</p> <p>Assorted Breakfast Breads Fresh Fruit & Dried Fruit Choice of Milk</p> | <p>3/22 Early Dismissal All Schools</p> <p>Grab & Go Cereal Graham Crackers Fresh Apple Slices & Dried Fruit Choice of Milk or Fresh Homemade Fruit Smoothies</p> |
| <p>3/25</p> <p>Grab & Go Cereal Graham Crackers Fresh Fruit & Dried Fruit Choice of Milk</p> | <p>3/26</p> <p>Assorted Breakfast Breads Fresh Fruit & Dried Fruit Choice of Milk</p> | <p>3/27</p> <p>Yogurt Graham Crackers Fresh Fruit & Dried Fruit Choice of Milk</p> | <p>3/28</p> <p>Assorted Breakfast Breads Fresh Fruit & Dried Fruit Choice of Milk</p> | <p>3/29</p> <p>Good Friday School Closed</p> |

School breakfast is offered free of charge for all students at Chester, Deep River and Essex Elementary Schools and Region 4 Schools

Lunch is Free of charge to students qualifying for Reduced Priced Meals or Free Meals which is determined through Direct Certification or Application process

Lunch Meal price for all other students is \$3.00

Fat-Free Chocolate & 1% Low-Fat available daily with meals or \$0.50 a la carte.

Our menus follow dietary guidelines for reduced fat, salt and sugar while increasing whole grains, fruits and vegetables.
As part of a balanced meal, Fruit or Fruit Juice and Fat Free or Low-Fat Milk are offered daily. All Bread items are Whole Grain based.

Menu Subject to change without advance notice. Sandwich and or Salad choice available.

For suggestions and questions about School Lunch Program please call 860-526-9546 ext. 1420